

NUTRITION AND WELLNESS

Description of Activity: School districts desiring to enhance a career focus program of study in child care guidance, management, and services; family and consumer sciences education; or food production, management, and services may use Perkins funds to add the Nutrition and Wellness course and to provide the curriculum and inservice components. This semester course emphasizes the interaction of nutrition, foods, sports, and exercise for lifelong fitness and well-being of individuals and families. Current technology is used to teach responsible eating and exercise habits, wise food choices, active living, and weight maintenance. Approved purchases will include an indoor grill, electric wok, juicer, body fat analyzer, digital scale, fat models, magazine subscriptions, and additional resources. Required #6 – Expand Vocational Education Programs; Permissive #10 – Develop New Course; Permissive #11 – Support of FACS Programs.

Curriculum: Schools must currently have an approved program of study in a family and consumer sciences area to be eligible for this special training. The Nutrition and Wellness curriculum, developed by Arkansas family and consumer sciences teachers, is the official curriculum. The purchase of other resources is encouraged for use as a supplement to the curriculum. Student textbooks may not be purchased with Perkins money. This course must be taught for a total of five years after the addition of this activity.

Inservice: Inservice training has tentatively been scheduled for July 12-15 at Arkadelphia High School in Arkadelphia. The registration fee for the four-day training will be \$ 400 and will cover the cost of instructional materials, lab equipment, and supplies for the training. The registration fee will not cover lodging, meals, and travel.

Cost: A list of approved equipment and supplies eligible for purchase with Perkins Funds may be obtained from the program manager. The equipment and instructional materials will cost approximately \$3,000.

Nutrition and Wellness

Perkins Improvement Activity Equipment List

- Description of Activity:** A semester course designed to emphasize the interaction of nutrition, foods, sports, and exercise for lifelong fitness and well-being of individuals and families
- Curriculum Component:** The Nutrition and Wellness curriculum developed by Arkansas FACS teachers will be the approved curriculum. The school must have an approved program of study in FACS, CCGM, or FPMS. The course must be taught for a total of five years after the addition of this activity.
- Inservice Component:** Inservice training will be provided July 12-15 at Arkadelphia High School in Arkadelphia. Teachers must attend the training before this activity can be implemented. Registration will be \$400 plus travel meals and lodging.
- Equipment Component:** Estimated cost should not exceed \$3,000.

Approved Equipment:

<u>Item</u>	<u>Description</u>	<u>Estimated Cost</u>
Kitchen calculators (Note: A classroom set can be up to 25 calculators.)	Volume, temperature, and weight conversions; adjust portion sizes; recipe scaling; large LCD display; timer with alarm; adds, subtracts, multiplies, divides; clear soft plastic cover	\$500 per set
Digital camera	Auto focus, zoom; LCD color monitor; compatible with computer and presentation software; with strap, storage case, and AC adapter/charger	\$400
Rotisserie	Indoor, electric with accessories and variable settings to cook a variety of foods including meats and vegetables	\$175
Grill	Indoor, large, electric, slanted griddle-style grill with accessories	\$100
Body fat analyzer	Digital with auto calculations and multifunctions	\$100
Juicer	Electric, multiple settings, and accessories for a variety of foods	\$100
Presentation software	Compatible with existing and purchased equipment; capable of producing original presentations and modifying pre-loaded presentations; must include a variety of graphics and fonts and be able to incorporate stored pictures	\$200
Additional supplies	Ethnic cookbooks	\$50
	Large world map with stick pins	\$60
	Electric wok and accessories	\$50
	Food portion scale	\$15
	Digital body weight scale	\$50
	Professional subscriptions to nutritional publications (ex.: Cooking Light, Vegetarian Times, Bon Appetite, and national health newsletters)	\$50
	Nutrition-based health and fitness videos	\$150
	Electric food dehydrator and mandoline food slicer	\$40
	Visual aids package that includes posters for: Food Guide Pyramid, nutritional recommendations, healthy habits, exercise & fitness, portion sizes	\$200
	Visual models package that includes: Fat models; artery and bone models; food models; dietary fat, salt, and sugar displays; portion size models	\$700

Suellen Ward, Program Manager
Family and Consumer Sciences
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Commitment/Registration Form Nutrition and Wellness

July 12-15, 2005
Arkadelphia High School
Arkadelphia

**Deadline for registration is July 1, 2005. No refunds after this date.
Maximum number of participants is 30.**

Name: _____

School: _____

School Address: _____
City State Zip

School Telephone: _____ School Fax: _____

Home Telephone: _____

E-mail Address: _____

Teacher:

I understand that by participating in this inservice activity, I agree to incorporate this course into my family and consumer sciences program of study beginning in the 2005-06 school year. I understand that I must teach this course for a total of five years or else relinquish the equipment purchased as part of this activity.

Teacher Signature _____ Date _____

Superintendent:

I agree to support this course as a new offering in the family and consumer sciences department for the 2005-06 school year. The school district will purchase the required equipment and supplies through Perkins Improvement Funds. I understand that this course must be taught in the department for a total of five school years or else equipment purchased will be relinquished to the state.

Superintendent Signature _____ Date _____

Perkins Consortium Coordinator

I understand that this school district desires to implement the Nutrition and Wellness activity for the 2005-06 school year through the use of its Perkins Improvement Funds. I agree to work with the school to purchase the necessary equipment and supplies and, if necessary, retrieve the items purchased at the direction of the FACS program manager.

Perkins Consortium Coordinator Signature _____ Date _____

To complete the registration, you must mail this form along with a check or purchase order for \$400 to the FACS state office. Registration does not cover lodging.

Make checks or purchase orders **payable to AATFACS / FACS Inservice**

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